

**ODESSA COLLEGE**  
**Department of Physical & Health Education**

**PHED 2104**

**Spin**

1 Credit

**Instructor Name:** Cate Walsh

**Email:** [cwalsh@odessa.edu](mailto:cwalsh@odessa.edu)

**Office:** OC Sports Center 203

**Office Phone:** (432) 335-6566

**Class Time:** 11:00 AM – 11:50 AM

**Course Description:**

This course is an introduction to Spinning, also known as Indoor Group Cycling. It is designed to teach a safe and effective aerobic workout by using a stationary bicycle. Spinning is a full-body, low impact, aerobic exercise that can help strengthen the heart, lower blood pressure, boost energy, burn off excess fat, tone legs and stomach, reduce stress and tension, and boost peak performance.

**Course Objectives:**

1. Students will learn the proper execution and terminology as it applies to the workout.
2. Students will learn about enhancing their exercise regimen to achieve efficient and effective workouts.
3. Students will develop an understanding of fitness principles as applied through physical practice and participation.
4. Students will hopefully, develop a positive attitude towards exercise.
5. Students will learn to incorporate target heart rate to measure fitness levels and monitor progress throughout the semester.

**Course Requirements:**

Attendance is **required** for this class. You cannot participate in class activity if you are not present. Upon missing a class, regardless of the reason, it will be reflected in your participation/attendance grade. Each absence hurts your grade. There are no excused absences with the exception of College sponsored activities (sporting events, field trips, etc.). Your instructor or coach will provide you with a letter or form that should be given to your instructor so that you will be given credit for your absence.

Proper attire includes dancewear, shorts, T-shirts, sweats, and tennis shoes (all shoes must be tied). No sandals, boots, heels, or jeans/jean shorts allowed.

There will be testing to monitor progress throughout the semester. Students will participate and keep a record of the results.

**Class Expectations:**

Please **DO NOT** spin backwards, spin with no resistance, adjust seat/handlebars while spinning, jump on pedals if resistance gets too heavy, spin without hands on handlebars, spin without shoes clipped in or pedal straps tightened, and never spin without proper seat and handlebar adjustments. The above may cause injury or breakdown of a bike. Please adhere to the spinning rules also mentioned by your instructor.

Students are expected to arrive to class on time and set up bikes according to protocol. All students are required to bring a hand towel to class to wipe up sweat during and after class. At the end of class each student will clean their bike to ensure that the next student will have a dry bike to ride.

If you find your spinning bike is not working properly, please don't forget to inform your instructor!

**Grading Procedures:**

Attendance/Participation	40%
Heart Rate Worksheets	20%
Heart rate/Cadence logs	20%
Self goals/reflection	20%

**Special Needs:**

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Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

**Learning Resource Center (Library):**

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The Library, known as the [Learning Resources Center](#), provides research assistance via the [LRC's catalog \(print books, videos, e-books\)](#) and [databases \(journal and magazine articles\)](#). [Research guides](#) covering specific subject areas, [tutorials](#), and the ["Ask a Librarian "](#) service provide additional help.

### **Student E-mail:**

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Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All correspondence will be submitted using your Odessa College email.**

### **Student Portal:**

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Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All correspondence will be submitted using your Odessa College email.**

### **Technical Support:**

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For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at [https://www.odessa.edu/dept/ssc/helpdesk\\_form.htm](https://www.odessa.edu/dept/ssc/helpdesk_form.htm).

### **Important School Policies:**

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For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or students and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#).

### **Student Success Discount:**

10%Discount: Upon completion of 30 credit hours of college-level courses with a 2.0 GPA, students are eligible for a 10% tuition discount on future registrations until reaching 45 credit hours.

20% Discount: Upon completion of 45 credit hours of college-level courses with a 2.0 GPA, students are eligible for a 20% tuition discount on future registrations until reaching 60 credit hours.